



## Lifesaving Society's SWIM Parent & Tot Level 1 thru 3

### *"How to make the most of your swimming lessons"*

1. Will you please bring your fabulous smiles with you?
2. Will you please ensure you remain out of the water while you wait patiently for your instructor to begin class (*even if she is running late*)?
3. Will you please bring your "most awesome singing voice" with you and use it joyously?
4. Will you please bring all of your encouragement and all of your hugs to class every day?
5. Will you please remain busy throughout the class, especially when you are encouraging and playing in the water on your own with your child?
6. Will you please demonstrate all of the skills for your little one as they learn best from mimicking your actions?
7. Will you please ensure you stay in the water as long as your little one remains the appropriate colour (*i.e. please climb out as soon as you see any type of blue tinge around the child's fingers and/or lips*)?
8. Will you please bring towels to wrap up your little one's head and body at the end of class?
9. Will you please practice all of the songs, games and skills in the bathtub as much as possible (*i.e. with cooler water than normal bath water & before the suds start*)?
10. Will you please feel free to giggle, laugh and muster up as much silliness as you can along with your child?

***Thank you so much for taking time to share the joy of swimming with your child and your instructor!***